

## Development Academy Juniors

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Spatial Awareness &amp; Traveling</li> </ul>	<ol style="list-style-type: none"> <li>understand the boundaries of playing area</li> <li>experience many ways of traveling within the confines of the area</li> <li>experience many ways of turning, jumping and balancing</li> </ol>
<ul style="list-style-type: none"> <li>Traveling With A Soccer Ball</li> </ul>	<ol style="list-style-type: none"> <li>understand the concept of being in the biggest space possible</li> <li>experience many ways of traveling within the area with a soccer ball</li> </ol>
<ul style="list-style-type: none"> <li>Dribbling &amp; Control</li> </ul>	<ol style="list-style-type: none"> <li>experience dribbling the soccer ball at a close distance</li> <li>experience changing direction with the ball</li> <li>experience a scrimmage with multiple goals</li> </ol>
<ul style="list-style-type: none"> <li>Control (Dribbling &amp; Stopping The Ball)</li> </ul>	<ol style="list-style-type: none"> <li>be able to dribble at different speeds</li> <li>be able to stop soccer ball with the sole of foot</li> <li>experience scrimmage with two teams, collectively accumulating goals: no goal keepers.</li> </ol>
<ul style="list-style-type: none"> <li>Movement Of The Ball (Sending &amp; Sharing)</li> </ul>	<ol style="list-style-type: none"> <li>experience sending/sharing soccer ball with others</li> <li>experience using the inside of the foot to send ball</li> <li>experience throwing the ball with 2 hands back into the area/field</li> </ol>
<ul style="list-style-type: none"> <li>Changes In Direction</li> </ul>	<ol style="list-style-type: none"> <li>move ball in different direction on coaches instruction/command</li> <li>stop soccer ball with the sole of foot and drag it in a different direction</li> </ol>
<ul style="list-style-type: none"> <li>Overall Review</li> </ul>	<ol style="list-style-type: none"> <li>experience favorite games while playing within the rules set previously (consistency)</li> <li>experience a scrimmage (modified game) with 2 goals and teams</li> </ol>

## Development Academy Seniors

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Introduction To Short passing</li> </ul>	<ol style="list-style-type: none"> <li>push pass with i/s of both feet to target</li> <li>use correct weighting of pass</li> <li>recognize when to pass &amp; when to dribble</li> </ol>
<ul style="list-style-type: none"> <li>Receiving Ball On Ground</li> </ul>	<ol style="list-style-type: none"> <li>use i/s of both feet to pass &amp; receive ball</li> <li>settle ball with 1st touch in direction they want to go.</li> <li>demonstrate an awareness of space to pass &amp; receive ball.</li> </ol>
<ul style="list-style-type: none"> <li>Ball Mastery Turns &amp; Moves I (Change Of Direction)</li> </ul>	<ol style="list-style-type: none"> <li>use i/s of both feet to change direction.</li> <li>use o/s of strongest foot to change direction</li> <li>demonstrate a change of pace when changing direction</li> </ol>
<ul style="list-style-type: none"> <li>Running With The Ball</li> </ul>	<ol style="list-style-type: none"> <li>dribble at speed in control of the ball</li> <li>recognize when to manipulate space in front of them</li> <li>use both feet when running with the ball</li> </ol>
<ul style="list-style-type: none"> <li>Introduction To Shooting</li> </ul> (Goalkeeping)	<ol style="list-style-type: none"> <li>use i/s of feet to shoot at target</li> <li>shoot at wide targets</li> <li>recognize when to shoot</li> </ol> <ol style="list-style-type: none"> <li>demonstrate correct ball handling technique</li> </ol>
<ul style="list-style-type: none"> <li>Dribbling For Possession</li> </ul>	<ol style="list-style-type: none"> <li>use i/s &amp; o/s of feet to move ball from side to side.</li> <li>keep body between ball &amp; defender</li> <li>use of sole of foot to keep possession of the ball</li> </ol>
<ul style="list-style-type: none"> <li>Ball Mastery Turns &amp; moves II (Change Direction &amp; Speed)</li> </ul>	<ol style="list-style-type: none"> <li>use sole of foot to change direction</li> <li>use sole of weaker foot to change direction</li> <li>combine the use of the sole and i/s of foot to change direction</li> </ol>
<ul style="list-style-type: none"> <li>Introduction To defending</li> </ul>	<ol style="list-style-type: none"> <li>Slow down/delay attacking player</li> <li>demonstrate persistence</li> <li>demonstrate success when stealing the ball</li> </ol>

## Junior Academy Under 8

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Progression Of Short Passing</li> </ul>	<ol style="list-style-type: none"> <li>push pass to moving target</li> <li>demonstrate a one touch pass</li> <li>recognize when to pass to feet &amp; when to pass to space</li> </ol>
<ul style="list-style-type: none"> <li>Receiving: Wedge Control (Introduction To Heading) (Throw Ins)</li> </ul>	<ol style="list-style-type: none"> <li>maneuver body in line with path of the ball</li> <li>select correct body surface</li> <li>use a variety of surfaces</li> </ol>
<ul style="list-style-type: none"> <li>Receiving: Cushion Control (Heading) (Throw Ins)</li> </ul>	<ol style="list-style-type: none"> <li>maneuver body in line with path of the ball</li> <li>Select correct body surface</li> <li>use a variety of surfaces</li> </ol>
<ul style="list-style-type: none"> <li>Shooting For Increased Power</li> </ul>	<ol style="list-style-type: none"> <li>use laces to increase power</li> <li>demonstrate correct placement of non-kicking foot</li> <li>demonstrate use of whole body to increase power</li> </ol>
<ul style="list-style-type: none"> <li>Ball Mastery, Turns &amp; Moves III (Shielding &amp; Moves To Escape Defender)</li> </ul>	<ol style="list-style-type: none"> <li>use whole body to disguise</li> <li>use move to effectively beat a player</li> <li>use move to effectively escape a defender</li> </ol>
<ul style="list-style-type: none"> <li>Running With The Ball Changing Direction &amp; Speed</li> </ul>	<ol style="list-style-type: none"> <li>use instep/outside of feet to dribble at speed</li> <li>change speed and direction under control</li> <li>incorporate a move to change direction whilst dribbling at speed</li> </ol>
<ul style="list-style-type: none"> <li>Passing &amp; Dribbling For Possession</li> </ul>	<ol style="list-style-type: none"> <li>effectively shield the ball</li> <li>recognize when to play the way they are facing</li> <li>recognize when to pass &amp; when to dribble</li> </ol>
<ul style="list-style-type: none"> <li>Defending/Block Tackling</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate correct defensive stance</li> <li>defend within one step of reaching the ball</li> <li>recognize when to delay &amp; when to tackle</li> </ol>

**Junior Academy**  
**Under 9**

Session Topic	Players Should Be Able To:
• Introduction To Driven & Lofted Passing	<ol style="list-style-type: none"><li>1. drive ball along ground to target/space</li><li>2. loft ball to a target/space</li><li>3. recognize when to loft &amp; when to drive ball</li></ol>
• Ball Mastery, Turns & Moves IV (To Beat A Defender)	<ol style="list-style-type: none"><li>1. demonstrate move (s) to effectively beat defender</li><li>2. demonstrate a change of pace</li><li>3. utilize more than one move to effectively beat a defender</li></ol>
• Running With The Ball	<ol style="list-style-type: none"><li>1. recognize when to manipulate space</li><li>2. create &amp; recognize 1v1 opportunities</li><li>3. Use instep/outside of both feet to dribble at speed</li></ol>
• Combination Play: Coach the Wall Pass (Angle & Distance Of Support)	<ol style="list-style-type: none"><li>1. recognize when to play wall pass</li><li>2. create opportunities to play wall pass</li><li>3. demonstrate correct angle &amp; distance of support</li></ol>
• Shooting For Accuracy	<ol style="list-style-type: none"><li>1. use laces &amp; inside of foot</li><li>2. be comfortable using both feet</li><li>3. select correct surface for accuracy</li></ol>
• Combination Play: Coach Takeover & Overlapping Runs (Angle & Distance Of Support)	<ol style="list-style-type: none"><li>1. communicate effectively</li><li>2. recognize when combination is on</li><li>3. create opportunities from combination play</li></ol>
• Defending: Role Of 1st Defender	<ol style="list-style-type: none"><li>1. pressure ball</li><li>2. demonstrate effective defensive stance</li><li>3. delay/contain attacker</li></ol>
• Defending: Role Of 2nd Defender	<ol style="list-style-type: none"><li>1. demonstrate correct angle of support</li><li>2. communicate effectively</li><li>3. recognize transition from 1st defender to 2nd defender &amp; vice versa</li></ol>

## Junior Academy Under 10

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>• Passing: Chipped &amp; Swerved</li> </ul>	<ol style="list-style-type: none"> <li>1. strike ball with i/s &amp; o/s of foot accurately</li> <li>2. loft ball over short distance with accuracy</li> <li>3. make choices at the right time</li> </ol>
<ul style="list-style-type: none"> <li>• Ball Mastery, Turns &amp; Moves V (With Back To Goal)</li> </ul>	<ol style="list-style-type: none"> <li>1. demonstrate move(s) to beat defender</li> <li>2. Show disguise</li> <li>3. make most effective choices</li> </ol>
<ul style="list-style-type: none"> <li>• Aerial Control: Thigh, Chest, Head</li> </ul>	<ol style="list-style-type: none"> <li>1. maneuver body in line with path of the ball</li> <li>2. select surface &amp; control ball in desired direction</li> <li>3. use control/1st touch as a method to pass ball</li> </ol>
<ul style="list-style-type: none"> <li>• Shooting: (Power/Accuracy Trade Off)</li> </ul>	<ol style="list-style-type: none"> <li>1. land on striking foot</li> <li>2. recognize when to trade power v's accuracy</li> <li>3. show awareness &amp; follow shot for rebound</li> </ol>
<ul style="list-style-type: none"> <li>• Crossing incorporating (Attacking Heading) (Defensive Heading)</li> </ul>	<ol style="list-style-type: none"> <li>1. strike ball from wide position on run</li> <li>2. head ball low &amp; away from GK</li> <li>3. head ball high, long &amp; wide</li> </ol>
<ul style="list-style-type: none"> <li>• Passing: Possession For Creativity</li> </ul>	<ol style="list-style-type: none"> <li>1. play accurate penetrating balls</li> <li>2. correct weighting of pass</li> <li>3. recognize when to play a penetrating ball</li> </ol>
<ul style="list-style-type: none"> <li>• Attacking Play: Using The Flanks/Width In Attack (Attacking &amp; Defensive Heading)</li> </ul>	<ol style="list-style-type: none"> <li>1. commit defender to release wide player</li> <li>2. execute 2v1 to beat full back</li> <li>3. play deep penetrating balls to wide areas</li> </ol>
<ul style="list-style-type: none"> <li>• Shadow Play: Defense V's Attack</li> </ul>	<ol style="list-style-type: none"> <li>1. understand possession v's direct play</li> <li>2. keep team compact and balanced</li> <li>3. recognize opponents weaknesses</li> </ol>

## The Academy Under 11

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Shadow Play: Introduction To 11-A-Side Game, System Of Play &amp; New Roles</li> </ul>	<ol style="list-style-type: none"> <li>show links within &amp; between units</li> <li>understand basic 4-3-3 &amp; 4-4-2 systems</li> <li>show ability to play indirectly to keep possession</li> </ol>
<ul style="list-style-type: none"> <li>Principles Of Defending A Larger Playing Area</li> </ul>	<ol style="list-style-type: none"> <li>compact the space</li> <li>demonstrate the ability to recover (runs)</li> <li>communicate as part of a unit</li> </ol>
<ul style="list-style-type: none"> <li>Shooting: Under Different Circumstances</li> </ul>	<ol style="list-style-type: none"> <li>pass the ball into the goal</li> <li>shoot from a distance</li> <li>strike ball in pressurized situations</li> </ol>
<ul style="list-style-type: none"> <li>Running With The Ball</li> </ul>	<ol style="list-style-type: none"> <li>control ball in desired direction under pressure</li> <li>keep ball moving</li> <li>demonstrate quality technique(s)</li> </ol>
<ul style="list-style-type: none"> <li>Ball Mastery, Turns &amp; Moves VI</li> </ul>	<ol style="list-style-type: none"> <li>master two moves</li> <li>create space to pass/dribble/shoot</li> <li>demonstrate move(s) to penetrate defense</li> </ol>
<ul style="list-style-type: none"> <li>Combination Play In Defensive Area Of The Field</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate a give and go/wall pass</li> <li>offer depth in support</li> <li>support midfielders &amp; forwards in attacking play</li> </ol>
<ul style="list-style-type: none"> <li>Shooting/Finishing: Ball Played In From Wide Areas (Attacking Heading)</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate first time shot</li> <li>demonstrate timing of run(s)</li> <li>head ball low with sound timing of run</li> </ol>
<ul style="list-style-type: none"> <li>Principles Of Defending II: Role Of 3rd Defender</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate cover</li> <li>demonstrate balance</li> <li>demonstrate awareness and communication</li> </ol>

## The Academy Under 12

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Progression Of Different Types Of Passing Under Pressure</li> </ul>	<ol style="list-style-type: none"> <li>play ball simple</li> <li>play ball that stretches opponents</li> <li>change direction of play</li> </ol>
<ul style="list-style-type: none"> <li>Progression Of Controlling Techniques Under Pressure</li> </ul>	<ol style="list-style-type: none"> <li>use body to shield effectively and show strength</li> <li>anticipate pressure from behind and check to ball</li> <li>glance over shoulder to determine controlling technique</li> </ol>
<ul style="list-style-type: none"> <li>Ball Mastery, Turns &amp; moves VII</li> </ul>	<ol style="list-style-type: none"> <li>combine movement</li> <li>recognize opponents moments of weakness</li> <li>demonstrate consistent success in these methods</li> </ol>
<ul style="list-style-type: none"> <li>Interchanging Of Positions To Create Space</li> </ul>	<ol style="list-style-type: none"> <li>understand need to maximize width</li> <li>understand need to maximize depth</li> <li>communicate effectively</li> </ol>
<ul style="list-style-type: none"> <li>Defending: Balance</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate awareness</li> <li>Demonstrate angle &amp; distance of support</li> <li>keep team compact</li> </ol>
<ul style="list-style-type: none"> <li>Attacking: Width &amp; Depth</li> </ul>	<ol style="list-style-type: none"> <li>switch play stretching opponents defense</li> <li>demonstrate timing of runs</li> <li>penetrate with balls played deep behind defense</li> </ol>
<ul style="list-style-type: none"> <li>One &amp; Two Touch Passing</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate technique to play quickly</li> <li>play quickly in tight spaces</li> <li>show vision to pass &amp; receive in tight spaces</li> </ol>
<ul style="list-style-type: none"> <li>Crossing (Goalkeeping: Angles &amp; Positioning) (Heading To Shoot/Pass/Defend)</li> </ul>	<ol style="list-style-type: none"> <li>play ball away from GK</li> <li>decrease angle making goal as small as possible</li> <li>demonstrate confidence in technique</li> </ol>

**The Academy**  
**Under 13**

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Defending: Delay/Contain &amp; Supporting As A Unit</li> </ul>	<ol style="list-style-type: none"> <li>apply pressure on ball dependent upon degree of support</li> <li>make play predictable</li> <li>communicate effectively to pressuring defender</li> </ol>
<ul style="list-style-type: none"> <li>Defending Counter Attacks</li> </ul>	<ol style="list-style-type: none"> <li>make recovery run under high pressure</li> <li>successfully delay/contain attack</li> <li>recognize where to recover</li> </ol>
<ul style="list-style-type: none"> <li>When To Play Short &amp; When To Play Long</li> </ul>	<ol style="list-style-type: none"> <li>recognize defensive alignment of opposition</li> <li>display correct angle &amp; depth of support</li> <li>recognize depth in attack</li> </ol>
<ul style="list-style-type: none"> <li>Decision Making When Team Is Not In Possession</li> </ul>	<ol style="list-style-type: none"> <li>apply appropriate pressure</li> <li>organize players behind the ball</li> <li>press &amp; force play into pressure pockets</li> </ol>
<ul style="list-style-type: none"> <li>Passing In Pressurized Areas Of The Field</li> </ul>	<ol style="list-style-type: none"> <li>play quickly</li> <li>recognize/show support/run for third stretching ball</li> <li>support with correct angle &amp; distance</li> </ol>
<ul style="list-style-type: none"> <li>Running With The Ball In Pressurized Areas Of The Field</li> </ul>	<ol style="list-style-type: none"> <li>attack spaces</li> <li>display close control</li> <li>display balance</li> </ol>
<ul style="list-style-type: none"> <li>Volleying To Shoot</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate balance</li> <li>Demonstrate correct body position</li> <li>demonstrate an attitude/confidence to shoot on volley</li> </ol>
<ul style="list-style-type: none"> <li>Progression Of High Comfort Level On The Ball</li> </ul>	<ol style="list-style-type: none"> <li>display creativity in tight spaces</li> <li>display ability to think in game</li> <li>display high level of passing &amp; control technique</li> </ol>

**The Academy**  
**Under 14**

Session Topic	Players Should Be Able To:
<ul style="list-style-type: none"> <li>Counter Attack: Recovering The Ball &amp; Exploiting #'s Up In Attack</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate ability to win ball and play quickly</li> <li>play most penetrative ball possible</li> <li>demonstrate ability to commit defender in #'s up situations</li> </ol>
<ul style="list-style-type: none"> <li>Attacking Runs Into The Box (Crosses From Different Positions)</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate timing &amp; shape of runs</li> <li>cross ball into path of attacking players</li> <li>recognize different runs into box and make correct choice(s)</li> </ol>
<ul style="list-style-type: none"> <li>Low Pressure Defending</li> </ul>	<ol style="list-style-type: none"> <li>understand low pressure is not no pressure</li> <li>recognize a lower line of confrontation</li> <li>recognize when to anticipate and intercept/win ball</li> </ol>
<ul style="list-style-type: none"> <li>High Pressure Defending</li> </ul>	<ol style="list-style-type: none"> <li>recognize when to apply high pressure</li> <li>recognize a higher line of confrontation</li> <li>communicate effectively with pressuring defender</li> </ol>
<ul style="list-style-type: none"> <li>Dealing With Transition</li> </ul>	<ol style="list-style-type: none"> <li>communicate &amp; organize quickly</li> <li>delay attack until re-organized</li> <li>recognize when to apply low or high pressure in moment of transition</li> </ol>
<ul style="list-style-type: none"> <li>Playing Out Of The Back (Goalkeeper Distribution)</li> </ul>	<ol style="list-style-type: none"> <li>offer 2nd attacker options for Goalkeeper (1st attacker)</li> <li>recognize when to keep possession in the defending third</li> <li>recognize depth in attack</li> </ol>
<ul style="list-style-type: none"> <li>Defending As A Team</li> </ul>	<ol style="list-style-type: none"> <li>demonstrate confidence in transition</li> <li>effective communication with &amp; between units</li> <li>decision making, high or low pressure situations</li> </ol>
<ul style="list-style-type: none"> <li>Set Plays</li> </ul>	<ol style="list-style-type: none"> <li>organize quickly at set plays</li> <li>understand individual roles &amp; responsibilities</li> <li>utilize and exploit set plays (making them count)</li> </ol>